



real food for real people

Baked Beans

Homemade baked beans are awesome. They are a hearty side dish or can even be used as a main dish. They are very versatile and you will love trying this recipe. And it is so easy!

This recipe is naturally gluten free and you can omit the bacon and it becomes vegan. Very flexible. You can even experiment with different types of beans!

This will give you about 24 servings. It may seem like a lot, but the leftovers can be frozen for later use, or you can even dehydrate them for backpacking!

Ingredients	Metric	Imperial
Dried White Beans	1500 mL	6 Cup
Onion	1 ea	1 ea
Bacon (or Salt pork, if you can find it)	500 mL	1 lb
Ketchup	180 mL	3/4 Cup
Molasses	180 mL	3/4 Cup
Dry (Ground) Mustard	60 mL	1/4 Cup
Salt	20 mL	4 tsp
Water	2000 mL	8 Cup

Directions:

Rinse beans and put in slow cooker.

Dice Onion and Bacon and add to cooker.

Add all other ingredients to cooker.

Stir well.

Cover and turn on to LOW.

Stir occasionally.

Let cook for about 24 hours until beans are tender and a nice brown color is reached. Cooking time can be reduced by cooking on high.

Enjoy!